

DEEKSHA DIET CLINIC

NUTRITION AS A PATH
TO HEALING



Super Specialty Clinic
For Complete Family Nutrition



INTRODUCTION

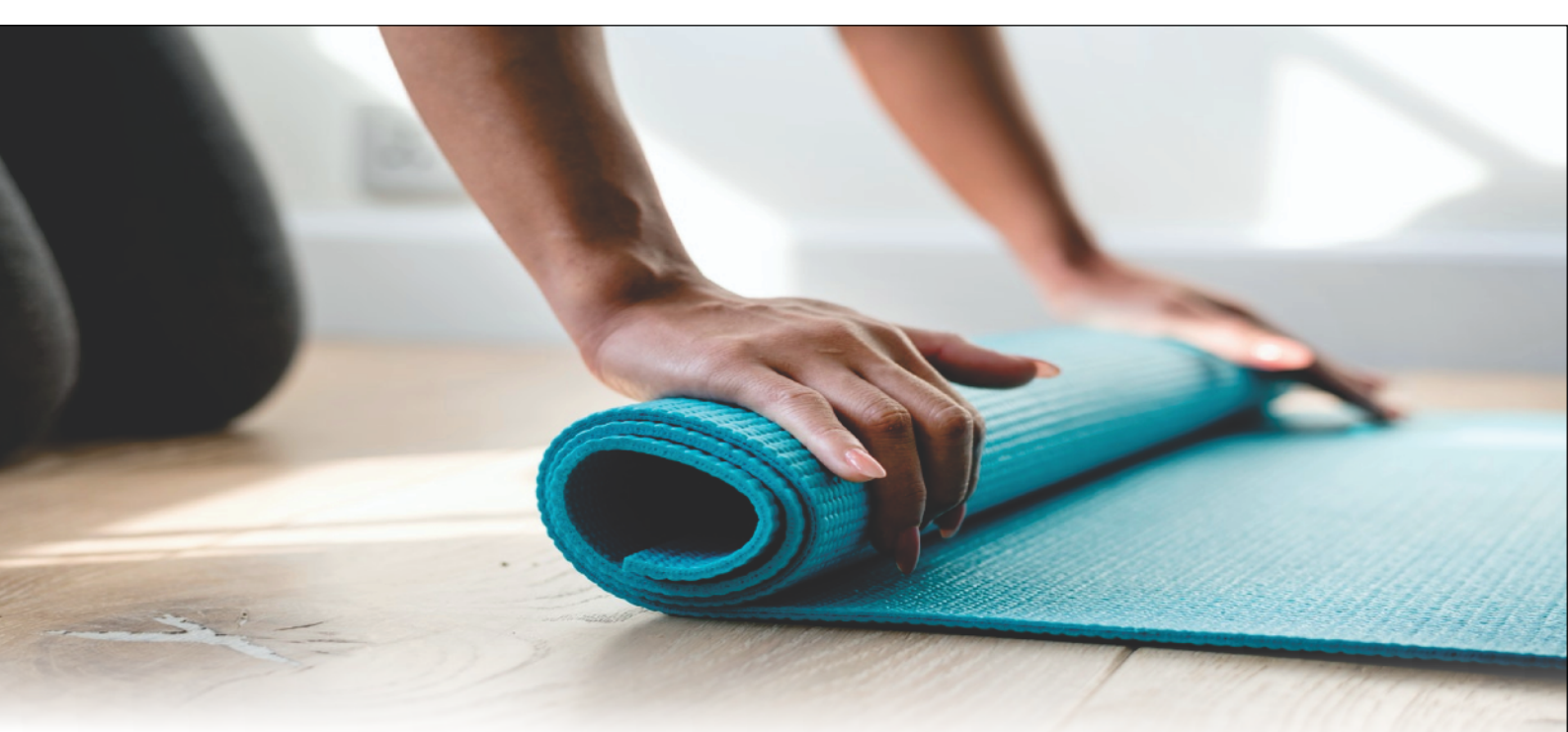
Nutrition should be a lifestyle change rather than a diet fad! Hello beautiful people, I am Dr. Deeksha Naik. I am a nutritionist and believe food should be able to nourish our body and soul. Nutrition is not equal to diet. As a doctorate in Nutrition, I can assure you that Nutrition is about choosing the food that is in favor of your mental, physical and genetic setup. Therefore, it is about you and not about diet food. So let's start together, the beautiful journey of knowing your best lifestyle!

Expertise

As a consultant nutritionist I lend my expertise to Individuals, Hospitals, Corporate, Food Brands, Education Institutes, NGOs, Gym and Fitness Centers.

Credentials

Recipient of many National and International awards namely Young Scientist, Young Achiever, Young Women Scientist, Best PG thesis, Adarsh Vidya Saraswati Rashtriya Puraskar and Research excellence award. Life Member of Nutrition Society of India, Global Environment and Social Association (GESA), New Delhi, India and Agricultural & Environmental Technology Development Society (AETDS), U. S. Nagar, Uttarakhand, India. Doctorate in Food Science and Nutrition (Developed composite mix for HIV positive patients and found excellent outcome) – UAS, Dharwad.



IMPORTANCE OF GOOD NUTRITION

Good nutrition defines a state when your body gets all the nutrients, vitamins, and minerals it needs. The state of your body and how well it works depends, to a large extent, on how appropriately it is nourished. Good nutrition is an important part of leading a healthy lifestyle.

Combined with physical activity, your choice of food can:

- * Help you reach and maintain a healthy weight.
- * Reduce your risk of chronic diseases (e.g. diabetes, hypertension) and their subsequent complications
- * Increases energy levels.
- * Boosts immune system and improves your ability to fight.
- * Reduce the risk of some lifestyle conditions e.g. malnutrition (overweight and underweight), osteoporosis, nutrient deficiencies such as iron deficiency anemia, low birth weight, stunting in children, gout etc.
- * Improve your well-being.

Nutrition also plays important role in all stages of life right from infancy to old age. Proper nutrition along with medications helps in faster healing and prevents progression of the illness.

Diet plays major role in managing the diseases, to name a few:

- Vitiligo
- Acne Vulgaris
- Atopic dermatitis
- Burns
- Diabetes
- Hypertension
- Hyperthyroidism
- Hypothyroidism
- Hypercholesterolemia
- Tuberculosis
- HIV/AIDS
- Cancer
- Celiac Diseases
- Inflammatory bowel syndrome
- Peptic ulcer
- Cardio Vascular Diseases
- Anemia
- Thrombosis
- Liver cirrhosis
- Hepatic failure
- Gout
- Arthritis
- Osteoporosis
- Obesity
- Kidney Stone & Other Renal Conditions
- Polycystic Ovary syndrome

All chronic illness.

AT OUR DIET CLINIC

- Eating Well for Early years – Pediatric Nutrition (Especially Childhood Obesity and Memory Enhancement).
- Family nutrition – For older children, Moms and Dads.
- Nutritional Management of PCOS/PCOD.
- Nutrition before, during and after Pregnancy.
- Weight Management Program - Underweight, Overweight and Obesity.
- Nutrition for Acne Prone Skin and other Cosmetological Purposes.
- Nutrition for Cardiac and Renal Conditions.
- Management of Gastrointestinal Disorders – Irritable Bowel Syndrome, Hyperacidity etc.
- Dietary Management in Non Communicable Diseases - Diabetes, Hypertension, Cancer, Hypercholesterolemia etc.
- Nutrition for People with HIV/AIDS and other infections.
- Nutrition for Sports Performance.
- Advanced BMI Screening Facility Available.
- Personalized Disease Specific Diet Chart Available.
- Individual Diet Counseling Done.



Deeksha Diet Clinic

Dr. Deeksha Naik,
MHSc., Ph.D (FSN), PADC., PGDDT., JRF., SRF
Consultant Nutritionist

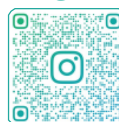
Address :

Bhoopalam Drug house Building. Opposite to Karnataka Bank,
Savalanga Road, Shimoga-577201

Days of Service:

Monday-Saturday : 10 am–1 pm, 4 pm–8 pm

INSTA



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